

# FRONT & CENTER

DECEMBER 2016

ENFIELD SENIOR CENTER NEWS & ACTIVITIES



## The Country Jamboree

**Friday  
Dec. 2  
6 pm  
\$7 per person**

Spend a magical evening revisiting the glory days of country music. Featuring an incredibly talented cast who have performed with some of country music's most popular artists, this outstanding performance features the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Willie Nelson, Loretta Lynn, Merle Haggard and more. It is like spending an evening at The Grand Ole Opry. Go back to when country music really was Country Music!



## Welcome to the Enfield Senior Center

**Tuesday  
Dec. 13  
10 am**

If you are new to the Enfield Senior Center, join Senior Center Director Susan Lather for a tour and have all of your questions answered. No need to register, just meet in the Senior Center Library.

## Incredible Iceland Trip

**Thursday-Wednesday, Oct. 19-25, 2017  
7 days/8 meals**

Your journey to Iceland begins with a non-stop overnight flight to Reykjavik, Iceland on Icelandair. Upon arrival, you'll be greeted and escorted to breakfast and a Reykjavik city tour. After your leisurely afternoon you'll embark on a Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night sky. A full-day excursion is planned to the Snaefellsnes Peninsula to see white and black sand beaches, bird cliffs, spectacular mountains, volcanic craters and charming fishing villages. You'll also visit Iceland's south coast. During the guided excursion, you'll encounter wide plains, dramatic sea cliffs and spectacular waterfalls and views of the Hekla and Eyjafjallajökul volcanoes and the beautiful village of Vik. Vik is considered to be one of the most magical places to take in the Northern Lights experience.



## Rotary Club of Enfield Pancake Breakfast

**Saturday  
Dec. 10  
8-10:30 am**

**Tickets sold at the door,  
\$5 per person**

Support the many  
charitable activities of the  
Rotary Club and have a  
delicious breakfast too!



**For more information on all the magical wonders you will experience, see Page 9**



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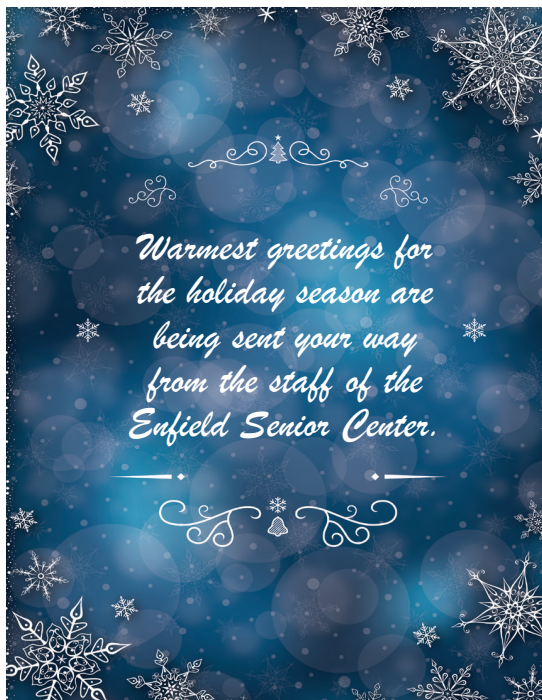
This Newsletter was  
Sponsored by:

ShopRite®

**Enfield Senior Center**  
299 Elm St., Enfield, CT 06082  
**PHONE: (860)763-7425**  
**FAX: (860)763-7429**  
**E-MAIL**  
**SeniorCenter@enfield.org**  
**WEBSITE**  
**www.enfield-ct.gov/seniors**  
Like us on Facebook  
Follow us on Twitter:  
**@EnfieldSrCtr**  
**HOURS**  
Monday-Thursday: 8 am-8 pm  
Friday: 8 am-5 pm  
Office opens at 8:30 am

**Senior Community Cafe**  
(860) 763-7428  
For lunch reservations call by  
noon the day before and leave a  
message.

**Senior Center Phone List**  
Main Office: (860) 763-7425  
Arts & Crafts: (860) 763-7437  
PRIME Fitness: (860) 272-3554  
Meals on Wheels: (860) 763-0400  
Dial-a-Ride: (860) 272-3545



### First sign-up day for January and February classes:

**R Tuesday, Dec. 13**      **NR Tuesday, Dec. 20**  
**Starting at 8:30 am**      **Starting at 8:30 am**

Please bring a completed registration form and cash or a check payable to the Enfield Senior Center.

#### Registration Policies:

- Registrations are taken in person beginning on the dates and times above.
- No registrations are taken prior to the first sign up date.
- Only one registration per person is accepted on the first sign up day.
- Mail-in registrations are processed after those in person have been registered. Please do not send cash. A completed registration form must be included.

#### Refund Policies:

- Refunds are made in full for withdrawing before a class begins.
- Refunds are given for medical reasons, with a doctor's authorization.
- Vouchers are issued when a class is canceled by the Senior Center.
- To be eligible for vouchers, the class must be paid in full prior to the class cancellation.

**Class dates may change according to instructor schedules after the publication date of this issue.**

**Please keep a copy of the registration form for the most accurate and up-to-date class information.**



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**Whole Boneless Pork Loin**

ShopRite  
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**Price Plus Club**  
Limit 1-pkg. **-.50** lb.

**FINAL COST**  
**1.49** lb.



### Super Coupon

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**5% US Military**

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**When you spend \$25.00 or more**



With this coupon and a minimum purchase of \$15.00 or more (Excluding fuel and items prohibited by law). Limit one per family. Void if reproduced, sold or transferred. Cash value 1/100 cent. Good at any ShopRite® store. © 2016 Wakefern Food Corp. Effective Sun., Nov. 13 thru Sat., Nov. 19, 2016.



### Super Coupon

Present This Coupon at Time of Purchase Order,  
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**Tuesday Only**  
**5% Senior Discount**

Tuesday Only Must be  
65 Years or Older

\$

WITH YOUR



**When you spend \$25.00 or more**



With this coupon and an additional purchase of \$25.00 or more (Excluding fuel and items prohibited by law). Limit one per family. Void if reproduced, sold or transferred. Cash value 1/100 cent. Good at any ShopRite® store. © 2016 Wakefern Food Corp. Effective Tuesday, Nov. 15, 2016 only.



### Super Coupon

Present This Coupon at Time of Purchase Order,  
Pickup or Delivery to Receive Discount

8-oz. can (Excluding Organic) Whole Berry or Jellied

**ShopRite**  
**Cranberry Sauce**  
**FREE**



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Prices, programs and promotions effective Sun., Nov. 13 thru Sat., Nov. 19, 2016 in ShopRite® Stores in Connecticut. Sunday sales subject to local blue laws. No sales made to other retailers or wholesalers. We reserve the right to limit purchases of any sale item to four (4) purchases, per item, per household, per day, except where otherwise noted. Minimum or additional purchase requirements noted for any advertised item exclude the purchase of prescription medications, gift cards, gift certificates, postage stamps, money orders, money transfers, lottery tickets, bus tickets, fuel and Metro passes, as well as milk, cigarettes, tobacco products, alcoholic beverages or any other items prohibited by law. Only one manufacturer coupon may be used per item and we reserve the right to limit manufacturer coupon redemptions to four (4) identical coupons per household per day, unless otherwise noted or further restricted by manufacturer. Sales tax is applied to the net retail of any discounted item or any ShopRite® coupon item. We are required by law to charge sales tax on the full price of any item or any portion of an item that is discounted with the use of a manufacturer coupon or a manufacturer sponsored (or funded) Price Plus Club® card discount. Not responsible for typographical errors. Artwork does not necessarily represent items on sale; it is for display purposes only. Copyright© Wakefern Food Corp., 2016. All rights reserved.



# Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door. Please register in advance for all seminars at the Senior Center office or call 860-763-7425. Assistive Hearing Devices are available in the front office for all programs.

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## UPCOMING EVENTS

### Nightshift Dance Band

Friday, Jan. 20  
6 pm to 8 pm

\$7 per person

### Monthly Birthday Party

Every First Wednesday of the Month

Parkway Pavilion Health & Rehabilitation provides a birthday cake for all community café luncheon participants to celebrate the birthdays of everyone in that month. Happy Birthday!

### Morning Toast

Mornings from 8:30 to 10 am

Donation requested

Start your day with a choice of English muffin, white or wheat toast to enjoy with coffee. Top it off with butter, jelly, peanut butter or Nutella.



### Ballroom Dance

Friday, Dec. 9, 2 pm

\$3 at the door

Dance to the sounds of Richie Mitnick on keyboard and enjoy a snack at the break.

### Race

Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

PG13. 2 hrs 15 min.

\*\*\* NOTE NEW TIMES \*\*\*

**\$5 MOVIE AND MEAL (4:45 PM MEAL)**

PLEASE PURCHASE IN ADVANCE

**\$2 PER PERSON**

AT THE DOOR FOR MOVIE ONLY – STARTS AT 5:45 PM

Movie & Pizza  
Thursday, Dec. 22

## Johnson Memorial Hospital and Saint Francis *Care* are giving you *twice* the care in Enfield



Our skilled *team* treats patients  
like people, not numbers!

### Johnson Surgery Center

- Same-day surgical services for adults and children including: Ear, Nose and Throat Surgery, Gastrointestinal care and Eye Surgery
- Diagnostic imaging services including: Mammography, Ultrasounds and X-Rays
- Laboratory services including: Phlebotomy, Hematology and Routine Laboratory Tests

### Wound Care Center

- Wound care evaluation and treatment including: Diabetic Wounds, Venous Stasis, Arterial, Vasculitic Ulcers, Burn Wounds ...and more
- Two Hyperbaric Oxygen Therapy Units

### Johnson Cancer Center

- 14-Chair Infusion Center
- A wide range of Oncology and Radiation Therapy Services
- Onsite pharmacy & laboratory ...& more!

Conveniently located at 140-142 Hazard Avenue in Enfield, CT.

Visit us online at [jmmc.com](http://jmmc.com)



Johnson Memorial Hospital

**jmmc**

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# 4 Fitness Programs

**R Residents**

**NR Non-Residents**

Log on at [www.enfield-ct.gov](http://www.enfield-ct.gov) scroll down to senior center

## Body 360

Thursdays, 1-1:45 pm

Jan 12-Feb 23, 7 classes

R \$21 NR \$28

Tight muscles can contribute to back pain or difficulty performing every-day tasks. Poor balance increases your risk of falls. If you have been inactive due to injury or recovering from surgery or if you are active and want to stay active, you will want to take this class. Incorporating stretching, flexibility and balance into one class, this class is for all levels of fitness. Exercises will be standing, in chairs and some mat work.

**NEW**

## Boxing & More:

**Exercise with Parkinson's**

Wednesdays, 3-4 pm

Jan 4-Feb 22, 8 classes

R \$32 NR \$40

Techniques and drills for people of all ages with Parkinson's Disease. Functional interval training, boxing and more!



## Chair

**Exercises**

Mon, Wed & Fri, 11 am-Noon

No class on Dec. 9

**FREE**

Improve flexibility, coordination & stamina.



## Jan's Exercise

Mon, Wed & Fri, 9-10 am

Dec 2-30

1-day, 5 classes

R \$18 NR \$24

2-day, 9 classes

R \$27 NR \$36

3-day, 12 classes

R \$33 NR \$44

No class on Dec 26

Jan 4-30

1-day, 5 classes

R \$18 NR \$24

2-day, 9 classes

R \$27 NR \$36

3-day, 11 classes

R \$30 NR \$40

No class on Jan 16.

Feb 1-27

1-day, 5 classes

R \$18 NR \$24

2-day, 9 classes

R \$27 NR \$36

3-day, 11 classes

R \$30 NR \$40

No class on Feb 20.

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

## Line Dancing

Mondays, 1-2 pm

Jan 9-Feb 27, 6 classes

R \$18 NR \$24

No class on Jan 16 or Feb 20

After taking a basic class, or if you have line danced before, you will enjoy learning in this class.

## Pilates

Thursdays, 4:30-5:30 pm

Jan 5-Feb. 23, 8 classes

R \$32 NR \$40

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

## Simply Stretch & Strengthen with Shelly

Mondays, 10:30-11:30 am

Jan 9-Feb 27, 6 classes

R \$18 NR \$24

No class on Jan 16 or Feb 20

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple

yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor.



## Tai Chi – Introduction

Wednesdays, 3:30-4:30 pm

Jan 4-Feb 8, 6 classes

R \$18 NR \$24

This class is designed for the person who has never taken Tai Chi before with an emphasis on improving balance and preventing falls.

**NEW**

## Tai Chi – Advanced Beginner

Tuesdays, 8:45-9:45 am

Jan 10-Feb 28, 8 classes

R \$40 NR \$48

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

## Tai Chi – Intermediate

Thursdays, 8:45-9:45 am

Jan 5-Feb. 23, 8 classes

R \$40 NR \$48

Continue with more advanced movements.

## WOW! – Women on Weights

Wednesdays, 5-5:45 pm

Jan 4-Feb 22, 8 classes

R \$24 NR \$32

Fridays, 10:30-11:30 am

Jan 6-Feb 24, 8 classes

R \$24 NR \$32

This class is broken down by muscle group so the entire body is trained. Light weights and bands will be used, as well as your own body weight. The instructor will accommodate the different goals of each student.



## Yoga – Chair and Standing

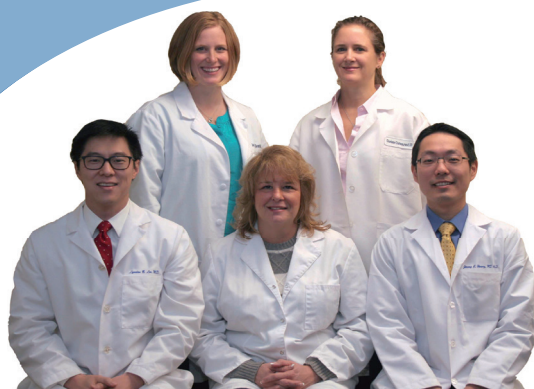
Tuesdays, 11 am-12 pm

Jan 10-Feb 28, 8 classes

R \$32 NR \$40

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

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### **Yoga – All Levels**

**Tuesdays, 9-10 am**

**Jan 10-Feb 28, 8 classes**

**R \$32 NR \$40**

**Tuesdays, 10-11 am**

**Jan 10-Feb 28, 8 classes**

**R \$32 NR \$40**

**Thursdays, 6-7 pm**

**Jan 5-Feb 23, 8 classes**

**R \$32 NR \$40**

This class is for active adults who want to incorporate mat work on the floor into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.



### **Zumba Gold**

**Mondays, 6:15-7:15 pm**

**Jan 9-Feb 27, 6 classes**

**R \$24 NR \$30**

*No class on Jan 16 or Feb 20*

**Wednesdays,**

**10:30-11:30 am**

**Jan 4-Feb 22, 8 classes**

**R \$32 NR \$40**

**Fridays, 11:45 am-12:45 pm**

**Jan 6-Feb 24, 8 classes**

**R \$32 NR \$40**

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

### **Zumba Gold – Chairs**

**Wednesdays, 11:30-12 pm**

**Jan 4-Feb 22, 8 classes**

**R \$24 NR \$32**

Chair Zumba takes the same beats and moves as traditional Zumba and modifies them for exercising and dancing in a seated position. Keep joints flexible, burn calories, stretch and strengthen muscles, and increase cardiovascular function in a 30-minute session. Join the party!

### **Zumba Toning**

**Mondays, 7:25-8 pm**

**Jan 9-Feb 27, 6 classes**

**R \$18 NR \$24**

*No class on Jan 16 or Feb 20*

Tone your body to the same great music and less cardio. Try both Zumba Gold and Toning or just one. Bring 1 to 3 lb. weights or Zumba Toning Sticks.

### **PRIME Fitness at the Enfield Senior Center**

**Now accepting Silver Sneakers and Silver & Fit memberships!**

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have. Stop in for a tour!

**Mon to Thurs: 8 am - 8 pm • Friday: 8 am - 4:30 pm**

### **Membership Options**

**Choose the PRIME Fitness membership fee that works for you and your schedule:**

**\$25 for a month • \$60 for 3 months • \$100 for 6 months • \$150 for a year (Half the cost of a monthly membership!)**

If your Medicare Supplemental offers Silver Sneakers or Silver or Fit, you can join at no cost to you. Check with your provider today!

### **New Member Package includes:**

- One hour individualized program design consultation.
- Training on all machines.
- Program supervision and supervised workout.
- Optional Fitness Assessment.

**To schedule an appointment with a  
Fitness Assistant or for an answer**



# **LEETE-STEVENSON**

## **FAMILY FUNERAL HOMES & CREMATORY**



**Pre-Arrangement Counseling  
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with distinction in the Enfield, Somers  
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### **WINDSOR LOCKS FUNERAL HOME**

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**[www.leetestevens.com](http://www.leetestevens.com)**



# 6 Computers & Technology

**R Residents**

**NR Non-Residents**

Log-on at [www.enfield-ct.gov](http://www.enfield-ct.gov) scroll down to senior center

## Registration Required

Registration is required for all our iPad classes due to their popularity and success. Class size is limited and no walk-ins will be accepted on the day of the class. Please call the Senior Center Front Desk to register at 860-763-7425.

## Technology Café

Stop in and use the iPads, Kindle Fires, All-in-One Windows 8.1 Touchscreen Computers, while having a cup of coffee or tea. Find your way by using the Sip & Swipe software or ask a volunteer how to start.

## Android Tablet User Group

Thursdays, 10 am-12 pm  
Dec. 8

**FREE**

If you use a Samsung Galaxy, Google Nexus, Kindle Fire or Nook Tablet and want to share your experience and gather more knowledge, come to this group to share ideas, tips, and applications. Bring your own device or borrow a Kindle Fire from the Enfield Senior Center.



## Computer Help Sessions

Wednesdays, 3-4 pm

**FREE**

Maybe you're taking a class and need practice or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. No registration is necessary to participate in these sessions.

## Digital Photography Group

**NEW**

First Thursday of every month

5 pm

**FREE**



## iPad User Group

Dec. 12

1-2 pm

**FREE**

If you are an iPad user, stop in to join the group on the second Monday of each month. Although this is not a formal class, it is a fun way to share what you know. No registration is necessary to participate in this group.

## TED TALKS

Thursday, Dec. 15

10:30-11:30 am

**FREE**

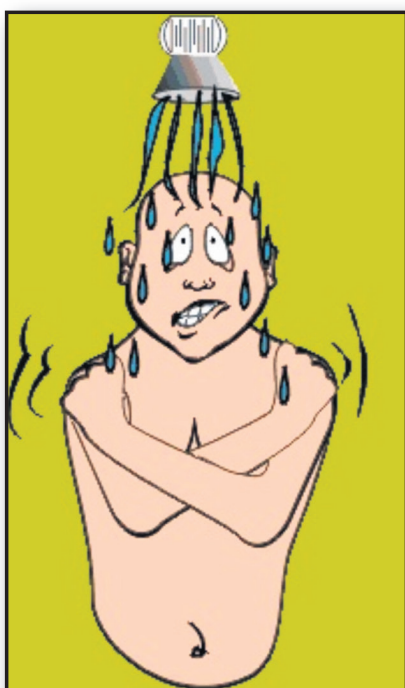
The Enfield Senior will host TED (Technology, Entertainment, Design) Talks and discussion groups from 10:30 to 11:30 on the third Thursday of each month. The group will watch a TED Talk, then discuss their thoughts on the matter.

Drop in. No Fee.

## Jane Fonda – Life's Third Act

Within this generation, an extra 30 years have been added to our life expectancy — and these years aren't just a footnote.

Jane Fonda asks how we can re-imagine this new phase of our lives.



# COLD SHOWERS!

## IS YOUR WATER HEATER OVER 10 YEARS OLD?

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**860.763.2015**  
or visit  
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# Creative Arts Programs

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## Art for Non-Artists

**Mondays, 1-3 pm**  
**Dec 12, 10 classes**  
**R \$40 NR \$50**

*No class on Dec 26, Jan 2, Jan 16 and Feb 20*

"I wish I could paint like that! I can't even draw a straight line!" Have you ever said this? Now you can create your very own masterpiece and mat and frame it in ten sessions. No art talent required. Just bring a picture that you like, and line-by-line, stroke-by-stroke, you will create a beautiful picture ready to sign and hang up. Hurry and sign up as space is very limited.

## Card Making

**Fridays, 9:30-11:30 am**  
**Dec. 9, 1 class**  
**R\$4 NR\$5**  
**Jan 13 and 27, 2 classes**  
**Feb 10 and 24, 2 classes**  
**R\$8 NR\$10**

We will make the following: Dec. 9, Christmas Cards; Jan 13, Anniversary and Wedding cards; Jan 24, Valentine cards; Feb 10, Sympathy cards; Feb 24, Kids Birthday cards.



## Ceramics

**Thursdays, 9 am-Noon**  
**Dec 1-29, 5 classes**  
**R \$20 NR \$25**  
**Jan 5-26, 4 classes**  
**R \$16 NR \$20**  
**Feb 2-23, 4 classes**  
**R \$16 NR \$20**

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware and firing are an additional cost.



## Coloring for Stress Relief

**Wednesday, 1-3 pm**  
**Dec. 7**  
**Wednesday, 5:30 pm-7:30 pm**  
**Dec. 21**  
**FREE**

Coloring is an activity very beneficial to adults—namely for its de-stressing power. Coloring generates wellness, quietness and also stimulates the brain's areas related to motor skills, senses and creativity. Join us for coloring and a cup of tea. Please sign up in the Front Office.



## Creative Stitches

**Wednesdays, 9 am-12 pm**  
**FREE**

Do you enjoy knitting, crocheting and other needle work? Do you wish to brush up on your skills? Do you want to learn the basics of needlework? We welcome new members of any age, gender or ability! No need to sign up—just drop in.

## Cross Stitch Bucket Basket Class

**Thursday, 12:30-5 pm**  
**Feb 9, 1 class**  
**R \$6 NR \$7 per class**

*Material fee of \$15 is payable to the instructor.*  
8x12 inch D handle. Choice of colors for cross stitch design.

## Heritage Craft Group

**Mondays, 10 am-12 pm**  
**FREE**

Do you enjoy knitting, crocheting, sewing and crafts? We welcome new members of any age, gender or ability! No need to sign up—just drop in.

## Holly Berry Basket

**Thursday, 12:30-5 pm**  
**Dec. 8, 1 class**  
**R \$6 NR \$7**

Woven on an 8x10 inch handle. Decorative accent space. Choice of colors—red or natural. Material fee of \$12 is payable to the instructor.

## Jewelry – Mornings

**Friday, 9:30-11:30 am**  
**Dec. 16, 1 class**  
**R \$4 NR \$5 per class**

Make a bracelet, necklace or earrings. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads. Instructor supplies all tools, and beads are purchased separately.

## Jewelry Workshop

**Thursday, 1-5 pm**  
**Dec. 15, 1 class**  
**R \$8 NR \$9**

Spend the afternoon creating beautiful one-of-a-kind jewelry pieces.

## Look, See, Draw

**Wednesdays, 1-3 pm**  
**Dec 14-Feb 15, 10 classes**  
**R \$40 NR \$50**

This is a class for those who want to learn how to see size, scale, light, color, and composition. Step-by-step instructions begin with just a few simple shapes, and continue on with lines and additional shapes until the drawing is completed. You'll be amazed at what you can create! Just bring colored pencils and a #2 lead pencil.

## Make It & Take It Scrapbook Page

**Tuesdays, 1:30-3:30 pm**  
**Dec. 13, 1 class**  
**Jan. 17, 1 class**  
**Feb. 21, 1 class**  
**R \$3 NR \$4 per class**

Create pages to showcase special photos. Different themes and techniques will be used.

NEW

NEW

## Paper Crafting Workshop

**Friday, 9 am-3 pm**  
**Dec. 2, 1 class**  
**Feb. 3, 1 class**  
**\$5 per person**

Bring your supplies and projects and join us for an all-day scrapbook and card making workshop. Start your cards for the coming year or scrap your backlog of photos. Some tools will be provided to share.

## Pot Belly Basket Class

**Thursday, 12:30-5 pm**  
**Jan 12, 1 class**  
**R \$6 NR \$7 per class**

*Material fee of \$10 is payable to the instructor.*  
6 inches tall before inserted handle and 5 inches in diameter. Choice of accent colors.

## Sassy Sewers

**Tuesdays, 1-3 pm**  
**FREE**

Do you enjoy quilting and sewing? Come and share ideas, swap fabric and show & tell. Join us join the 2nd and 4th Tuesday of the month.



## Scrapbook Crop

**Tuesdays, 1:30-4 pm**  
**Dec 6, 1 class**  
**Jan 3, 1 class**  
**Feb 7, 1 class**  
**R \$3 NR \$4 per class**

Join us to share ideas, organize your photos and get them into your scrapbooks.

## UFOs: Un-Finished Objects

**Wednesdays, 12 pm-4 pm**  
**Nov. 30-Dec. 7, 2 classes**  
**FREE**

Are you finding yourself drowning in UFOs: Un-Finished Objects? The holidays are upon us. Use this time to finish those holiday gifts. Work weekly crafting time into your schedule to see craft projects through to completion. Enjoy lots of space and the company of others to complete your projects.

# MEDICARE WORKSHOPS

*Offering plans from several companies in the state of CT*

This is your last chance to  
make changes to your Medicare Plans  
**BEFORE THE  
DECEMBER 7<sup>TH</sup> DEADLINE.**

*Call our office to make an appointment!*



Bill McCloskey

**STATELINE  
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P.O. Box 398, Somers, CT 06071

**860.749.0482**



Kate McCloskey



# 8 Trips

**SAVE THE DATES! Stop by for trip flyers with more detailed information.**  
*Trip details, dates, and pricing subject to change.*

## DECEMBER TRIP PRESENTATIONS

### HOLLAND, MICHIGAN TULIP TIME

**Trip Date: Tuesday-Tuesday, May 9-16, 2017**

**Trip Presentation Date: Thursday, Dec. 1, 2016, 2 pm, Enfield Senior Center**

### CANADIAN ROCKIES

**Trip Date: Saturday-Friday, Sept. 2-8, 2017**

**Trip Presentation Date: Thursday, Dec. 8, 2016, 2 pm, Enfield Senior Center**

## "Let's Make a Little Christmas" – Phil Vassar at Fox Theatre and Foxwoods Casino

**Wednesday, Dec. 7, 2016**

This holiday season, treat yourself to an afternoon of Christmas cheer with this very special Christmas show from Phil Vassar. Phil is a wonderful pianist and singer/songwriter who has won two Songwriter of the Year awards and countless other awards for his music. He has written hits for Tim McGraw, Miranda Lambert and others. His show features lively performances of festive holiday songs along with great country Christmas music. Come sing along and capture the holiday spirit. Cost: \$90 per person. Price includes reserved seating, Foxwood bonus package\* – free lunch buffet and \$10 Slot Play \*(subject to change).

## Beautiful: The Carole King Musical At The Bushnell

**Saturday, January 21, 2017**

Beautiful tells the inspiring true story of Carole King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow

writers and best friends, Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than Beautiful music, she wrote the soundtrack to a generation. Showtime is 2:00 pm. Prior to the show, enjoy lunch at the Chowder Pot Restaurant in Hartford. Menu includes: choice of Stuffed Breast of Chicken or Baked Stuffed Scrod, served with Potato, Vegetable, Garden Salad, Hot Rolls, Coffee or Tea and Dessert. Cost: \$149 per person.

## The Best of Maple Sugar Season in Massachusetts: North Hadley Sugar Shack, Farm Table Restaurant at Kringle Candle

**Tuesday, March 14, 2017**

The Farm Table Restaurant at Kringle Candle in Bernardston, MA invites you to a special Maple Sugar Luncheon. Gourmet menu includes: Apple, Dried Cranberry & Walnut Salad topped with Maple Balsamic Dressing over Baby Spinach. Choice of: Cider & Maple Mustard Butter Roasted Salmon, served with Grilled Asparagus and Herb Roasted Finger-

NEW

ling Potatoes or Maple and Citrus Lacquered Seared Breast of Duck, served with Bacon Caramelized Brussel Sprouts and Whipped Sweet Potatoes. Dessert will be Bourbon Bread Pudding with Maple & Pecan Ice Cream. This beautiful restaurant is an experience to remember. There will be free time to shop the Kringle Candle store. Then it's off to visit to North Hadley Sugar Shack in North Hadley, Massachusetts. Our guided tour will follow the maple syrup process. View boiling of sap, the tapped trees, & everyone will receive a Sweet Maple Treat! Trip sign-up date is: Friday, January 6, 2017, 10 am, Senior Center Dining Room. Cost: \$95 per person.

## Holland, Michigan Tulip Time Festival

**Tuesday-Tuesday, May 9-16, 2017 (8 days/7 nights/14 meals)**

We're off to the pretty town of Holland, Michigan, on the shores of Lake Michigan to view beautiful tulips. Before we land in Holland, MI, we'll stop at the Rock N Roll Hall of Fame in Cleveland for a musical trip down memory lane. In Michigan, you'll enjoy a guided tour of Holland. Here you'll see the rich Dutch culture and celebration of the tulips, Windmill Island, the home of DeZwaan Windmill, Klompen dancing and Dutch specialty shops. We will visit Nelis' Dutch Village, a recreation of the Netherlands 150 years ago where people wear wooden shoes and colorful costumes as they dance in the streets. And, you won't want to miss a stop at Veldheer's Tulip Garden with 5 million tulips in bloom this week. Special reserved grandstand seats have been set aside for the colorful Muziekparade, a festival highlight. In Dearborn, Michigan, we visit the Henry Ford Museum, where Henry Ford stored his vast private collection and Greenfield Village, where you'll travel back in time to American in the mid-1800s. The journey home crosses Southern Ontario to Niagara Falls, with dinner at the famous revolving restaurant, atop the Skylon Tower overlooking the Falls. And, in Geneva, NY we stop for lunch and wine tasting at Ventosa New York State Vineyards. Cost: \$1695 per person/double occupancy. A trip presentation will be held on Thursday, Dec. 1, at 2 pm, at the Enfield Senior Center.

## Canadian Rockies

**Saturday-Friday, Sept. 2-8, 2017**

**Vancouver, Kamloops, Lake Maligne, Banff, Calgary**

This 7-day journey will begin in Vancouver, British Columbia and end in Calgary, Alberta. This adventurous trip includes a Vancouver city tour which includes Stanley Park, Chinatown, Gastown and the world famous steam-powered clock, the 2010 Olympic torch and village. Transportation from Kamloops to Jasper is via Rail Canada and what a journey it will be as you view the pristine Canadian

wilderness along the way. On this trip we'll visit the Columbia Icefield Highway, with snowcapped mountains, rushing rivers, and impressive cliffs, this being one of Canada's most scenic motorways. We'll also stop at Athabasca Falls and board a snow coach ride for a glacier walk. In Jasper, we'll venture to the Athabasca River for a gentle rafting trip, the same route once used by Fur Traders. We will also cruise on Lake Maligne and enjoy an afternoon walk into Maligne Canyon. A visit to Yoho National Park is included and we will also explore Moraine and Emerald Lakes and a walk to the Lower Johnson Canyon Waterfall. No visit would be complete without a stop at lake Louise where we'll walk the paved path along the edge of the lake to enjoy the peaceful beauty. Maybe you'll see a moose, bear or caribou on the evening Wildlife Safari. Cost: \$3259 per person/double occupancy. For more information, pick up a detailed trip flyer or attend a Trip Presentation on Thursday, Dec. 8, 2016 at 2 pm. Book early to receive additional discounts!

## Book Early and Save!

**Attend the Trip Presentation on Dec. 8 at 2 pm, and receive a \$50 discount.**

**Secure your reservation by Jan. 31, 2017, and receive a \$200 discount.**

# WEALTH PRESERVATION GROUP, INC.

*Working to Preserve Your Wealth*

## SEMINAR SERIES

### "How to Protect Your Assets from Nursing Home Costs Even Without Long Term Care Insurance"

Dramatic changes in the law requires your immediate attention if you want to protect your assets. While long term care insurance is your best option, not everyone can afford or qualify for it. There are alternatives.

Learn how to protect your assets from nursing home and Medicaid spend downs, preserving your wealth for you and your loved ones.

**Presented by John G. Dee**  
**President, Wealth Preservation Group, Inc.**



**John G. Dee,**  
**President**

**Wednesday, November 16th at 1:00PM**

**Enfield Senior Center**

**Reserve your spot today!**  
**1-800-679-2771**

**For other dates and times, please call 800-679-2771.**

## The Jersey Boys at The Bushnell

NEW

**Thursday, March 23, 2017**  
**1 pm Matinee Performance**

## The story of Frankie Valli & The Four Seasons

Follow the rags to rock to riches tale of four blue collar kids working their way through the streets of Newark to the heights of stardom.

They wrote their own songs, invented their own sounds and sold 175 million records worldwide. "Big Girls Don't Cry", "Sherry", "Can't Take My Eyes Off Of You" are just some of their familiar hits. Don't wait, tickets will sell fast and must be purchased by January 1, 2017. There is no sign-up date. Reservations are currently being accepted at the Enfield Senior Center Front Desk. Cost: \$99 per person.



**JERSEY BOYS**

**Reservations must be made by Jan. 1, 2017**



*This Newsletter was  
Sponsored by:*



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## **The Wonders of Italy**

**Tuesday-Friday,  
April 25-May 5, 2017**

Relax on an overnight flight into Rome “The Eternal City”. Enjoy a walking tour of the famous Spanish Steps and Trevi Fountain. This trip will include a visit to the Vatican City with entrance to the Vatican Museum and the Sistine Chapel, a motor-coach tour of Rome featuring Quirinale, Piazza Navona, Pantheon, and Campo dei Fiori. An ancient city tour of Rome and a visit to the Roman Colosseum will also be included. In Sorrento, you’ll take the high speed ferry over to Capri for a guided tour of the island. There will also be free time in Sorrento for exploring. A guided tour is included of the picturesque coastal village of Positano and of the Amalfi Coast, which includes entry to the Amalfi Dome Closter. Enjoy the Tuscan countryside on your way to Florence. Piazza Santa Croce, Palazzo Vecchio, Cathedral of Santa Maria Dei Fiori, and the famous “Gates of Paradiso” will be visited in your guided tour of Florence. A stop at the Accademia Museum to see the original Statue of David will also be included. A trip to Italy would not be complete without experiencing the wine region for wine-tasting and exploring. A guided tour of Pisa where we will see the famous Leaning Tower of Pisa will highlight your trip. Entry into the medieval cathedral at the Piazza dei Miracoli (Square of Miracles) is included. You’ll also experience a guided tour of the renaissance-era city of San Gimignano. A feast at a local Tuscan “Agriturismo” (Italian Farm) for a delicious Tuscan dinner featuring regional specialties, wines, and olive oil will bid farewell before you depart for home. Cost: \$4899 per person/double occupancy.

**Detailed trip flyers are available  
at the Senior Center.**



## **Alaska Land & Cruise**

**Sunday-Friday,  
June 11-23, 2017**

Your adventure begins with your flight to Fairbanks Alaska. A fun-filled day in Fairbanks includes a city tour and a cruise down the Chena River on the Riverboat Discovery Sternwheeler along with free time for exploring on your own. Travel onboard the Wilderness Explorer, Royal Caribbean’s Glass-Domed railcars to Denali. Upon arrival, head out on the Tundra Wilderness Tour, deep into Denali Park. There will be free time to explore Anchorage and visit the Alaska Native Heritage Center, where you will learn about the various native cultures of Alaska. Before boarding the beautiful Millennium Cruise Ship for the next 7 nights, you’ll enjoy a Resurrection Bay Wildlife Cruise, where you’ll experience breathtaking views of jagged cliffs and marine wildlife. On this cruise, you’ll visit Hubbard Glacier, the largest tidewater glacier in North America. There’ll be stops along the way in Juneau, Skagway, Icy Strait Point, and Ketchikan. Cruise the Inside Passage before bidding farewell in Vancouver, British Columbia. Call the Enfield Senior Center for cabin availability and pricing.

**Detailed trip flyers are available at  
the Senior Center.**



## **Incredible Iceland**

**Thursday-Wednesday,  
Oct. 19-25, 2017, 7 days/8 meals**

Your journey to Iceland begins with a non-stop overnight flight to Reykjavik, Iceland on Icelandair. Upon arrival, you’ll be greeted and escorted to breakfast and a Reykjavik city tour. After your leisurely afternoon you’ll embark on a Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night sky. A full-day excursion is planned to the Snæfellsnes Peninsula to see white and black sand beaches, bird cliffs, spectacular mountains, volcanic craters and charming fishing villages. You’ll also visit Iceland’s south coast. During the guided excursion, you’ll encounter wide plains, dramatic sea cliffs and spectacular waterfalls and views of the Hekla and Eyjafjallajökull volcanoes and the beautiful village of Vik. Vik is considered to be one of the most magical places to take in the Northern Lights experience. On this tour you’ll visit the hot spring area of Reykjavik to see the famous Geysir and Strokkur, a magical hot spring that spouts every few minutes, the Golden Falls, Iceland’s most famous and impressive waterfall featuring a spectacular double cascade, and Thingvellir National Park. And, before you depart, you’ll experience the world-famous Blue Lagoon. This natural spa is based around the geothermal seawater in the lagoon. Cost: \$2999 per person.

**Detailed trip flyers are available  
at the Senior Center.**



**MARK YOUR  
CALENDARS!**

**Look what’s being  
planned for 2017-18**

**April 29, 2017: West Point Dress Review**

**July 20, 2017: Sail Away on Mystic Argia**

**July, 2017: Block Island Adventure**

**Aug. 17, 2017: Saratoga Racetrack**

**Aug 26-29, 2017: 4-day Montreal & Quebec**

**Sept 11-13, 2017: 3-day Vermont**

**Nov. 5, 2017: National September 11  
Memorial Museum**

**Feb 3-13, 2018: Caribbean Cruise from  
New York**

*Trips and dates subject to change.*



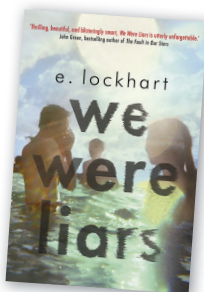


# 10 Clubs & Meetings

## Book Discussion Group Tuesday, Dec. 20, 3 pm

The December book is *We Were Liars* by E. Lockhart (240 pages).

Books are placed on reserve at the Enfield Public Library and are available the first week of any given month. Meetings occur on the third Tuesday of each month.



## Enfield Single Seniors

Wednesday, Dec. 21,  
6 pm

If you are single, 55+ and are interested in a group to socialize with, join us on the 3rd Wednesday of each month in the Dining Room. Make new friends and enjoy a variety of outings.

*For information call Helen Olander, Coordinator, at 860-253-9188.*

## Genealogy Group

Tuesday, Dec. 6, 6 pm

Bring your questions, share tips, exchange information, and bring your laptop to explore online, using our free Wi-Fi. This unfacilitated group meets the first Tuesday of every month.

## Goldtones Choral Group Thursdays, 10 am

Lend your voice to this friendly group. Throughout the year, the group entertains at community venues and presents concerts at the Enfield Senior Center.

## Investment Club

Thursday, Dec. 8 & 22, 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only, on the second and fourth Thursday of each month.

## Holiday Hours at the Senior Center

Dec. 23 – 8 am-4 pm

Dec. 26 – Closed

Dec. 27 – 8 am-4 pm

Dec. 28 – 8 am-4 pm

Dec. 29 – 8 am-4 pm

Dec. 30 – 8 am-1 pm

## Weather Closings

When the Enfield Public Schools are closed because of inclement weather, the Enfield Senior Center programs are canceled.

The building is open for drop in activities.

Notification of cancellation is posted on WFSB, Facebook and Twitter.

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Some products and services not available in all areas.  
P067001 State Farm Mutual Automobile Insurance Company – Bloomington, IL.  
01/06 State Farm Fire and Casualty Company – Bloomington, IL.



# Seminars

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## SEMINARS

*Please call the Senior  
Center office at  
860-763-7425  
to register for these free  
seminars.*

*Assistive Hearing Devices  
are available in the front  
office for all programs.*

## Myths & Facts about Medicaid

*Sponsored by Homewatch  
CareGivers*

**Wednesday**

**Dec. 7, 1 pm**

Have your Medicaid questions answered by a local Medicaid expert. Susan Debevec has over 20 years of Medicaid experience working in the State of CT Medicaid program.

## Way To Go CT

**Wednesday**

**Dec. 14, 1 pm**

Way To Go CT helps older adults, veterans and people with disabilities discover transportation options by offering free informational resources on programs and services available and will represent the interests and act as an advocate for those who have transportation mobility needs and issues. Find out the Way To Go!

## LANGUAGE ARTS

## Italian Conversational Group

**Monday**

**Dec. 5, 2-4 pm**

**FREE**

Learn about the language, culture and historical background of Italy. Taught by native speaker, Anthony Trichilo, explore the country in a fun and relaxed atmosphere. Class meets on the first Monday of the month.

## Journaling as a Transformative Tool

**Thursday**

**Dec. 1 & 15, 10 am**

**FREE**

Many people find keeping a journal a way to understand themselves, release stress, resolve conflicts or express their creativity. Members will draw upon a variety of exercises and techniques to begin the process. There is no charge for this group and you are encouraged to bring a notepad and pen. The members will help to determine the direction the group will take. The group will meet the first and third Thursday of the month.

## Workshop for Poets

**Friday**

**Dec. 9, 10 am-12 pm**

**FREE**

Lighthearted and stimulating reading and writing of your own work will be the focus. Let's learn together and challenge each other! But, most importantly, let's have fun! The group will meet on the second Friday of every month.

## TRIAD SAFETY CORNER

TRIAD is a group of community volunteers who work with emergency responders to keep seniors safe in the community. Each month a member of TRIAD will write a few safety reminders. This month's tips come from Yoke Tworosch.



## HEATING SAFETY: BE WARM AND SAFE THIS WINTER

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.



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# 12 Clinics, Screenings & Support

## SCREENINGS AND CLINICS

### Ask the Occupational Therapist

**Tuesday, Dec. 13, 9-10:30 am**

Brian Nyberg, OTR/L LNHA from Parkway Pavilion will be at the Senior Center every second Tuesday of the month to answer your questions. If you are having any concerns about arthritis, exercise or aches that will not go away, make an appointment for a consultation.

### Balance Screening

**Tuesday, Dec. 20, 10 am-Noon**

Evergreen Health Care Center is offering an individualized balance screening every third Tuesday. Call the Senior Center office to make your appointment.

### Blood Pressure Screenings

**First & third Wednesdays of each month, 10 am-Noon;  
Second & fourth Wednesday of each month, 10:30 am-Noon**

Free blood pressure and blood sugar screenings are offered. No appointment needed, just stop in.

### Foot Care Clinic

**Friday, Dec. 9, 8:30 am-3 pm**

*By appointment only*

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$29. Home visits available for homebound seniors for an additional cost.

### Foot Care Clinic – Evenings

**Wednesday, Dec. 7, 1-7:30 pm**

*By appointment only*

This same wonderful service is now available with convenient evening hours. Cost is \$29.

## SUPPORT GROUPS

### Alzheimer's Caregiver Support Group

**Tuesday, Dec. 20, 9-11 am**

If you are caring for someone with Alzheimer's Disease, you have unique concerns and issues. Visiting Nurse and Health Services of Connecticut will provide a monthly facilitated support group to help you find the resources and care you need. Every third Tuesday, meet with others who understand.

### Bereavement Support Groups – Registration Required

**Mondays, 5:30-7 pm**

Call Jo Ann Taft, Bereavement Counselor for registration, schedule and location at Home and Community Health Services, 860-763-7612.

### Blood Cancer Support Group

**First Thursday of each month;  
Dec. 1, 6-7:30 pm**

This family support group is open to adult patients and family members who are coping with Acute and Chronic Leukemia, Non-Hodgkin Lymphoma, Hodgkin's Disease, Multiple Myeloma, Myelodysplastic Syndrome or Myeloproliferative Disorders. Facilitated by Dr. Jay Burton of Springfield Medical Associates. Please call 413-789-0200 for more information.

### Coping with Loss

**Monday, 6-7 pm**

*Call for more information*

Open to the public, this monthly general loss support group is beneficial for those at any stage of the grieving process. Any age is welcome and support group will be facilitated by MSW and will meet on the fourth Monday of the month at the Enfield Senior Center. Walk-ins are welcome.

### Diabetes Support Group

**Thursday, Jan. 12, 1-2 pm**

*No meeting in December*

Sponsored by Johnson Memorial Medical Center. If you or a loved one live with Diabetes and are looking for more help from others who share the same condition, then please join us. We meet the second Thursday of every month.

### Gluten-Free Support Group

*Facilitated by Michelle Mattia, Registered Dietitian from Shop Rite of Enfield.*

**Wednesday, Jan. 18, 6:30-7:30 pm**

Share challenges, successes and helpful tips with others. Regular meetings are held the third Wednesday of every other month at the Enfield Senior Center. Light refreshments are served. Please RSVP to insure that enough gluten-free samples will be available. Contact Michelle at 860-253-4173 or michelle.mattia@wakefern.com.

### Stroke Support Group

**Tuesday, Dec. 13 10 am**

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT, Inc. If you have

questions, please call: Sandie Pino, MSW, LCSW, Visiting Nurse & Health Services of CT 860-872-9163.

## WELLNESS PROGRAMS

### Chair Massage and Reflexology

**Friday, Dec. 9 & 23, 12-2:45 pm**

*By appointment only*

Karen Anderstrom, Licensed Massage Therapist, brings two forms of complementary, stress reducing and muscle relaxing therapies to the Senior Center. Karen, who specializes in geriatric massage, will be available for Chair Massage and Reflexology, where gentle pressure is applied to specific points of the feet during the foot massage. Book a 30-minute session by calling the office. The cost is \$25 and is payable at your appointment.

### Reiki

**Thursdays 5-7:30 pm**

*By appointment only*

Reiki is a healing technique that promotes relaxation and stress reduction. You are fully clothed during a session and, different than massage, no touch or a light touch is applied. Reiki is a popular means of relaxing, calming and healing. Reiki Master, Stacey Ford brings this therapy to the Enfield Senior Center. The cost is \$25 for a 25 minute session and is payable at your appointment. Please make an appointment for a Reiki session by calling the Senior Center office.

### T.O.P.S.

**Wednesdays, 12:30-2:30 pm**

Take off pounds sensibly. Meet with others for support and strategies for losing weight.

# FRONT & CENTER

ENFIELD SENIOR CENTER NEWS & ACTIVITIES

**Look for the next issue Tues., Dec. 20<sup>th</sup>**

## Journal Inquirer

**• Advertising copy deadline 14 days prior to publication •**

**To advertise contact:**

**Paul Poutre 860-646-0500 ext. 263**

**email: ppoutre@journalinquirer.com**

**100% Market Coverage in Enfield. Over 17,000 Households!**

# Enfield Senior Center

## NEWSLETTER SCHEDULE





# Programs & Services

*This Newsletter was  
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## PROGRAMS & SERVICES OFFERED AT THE ENFIELD SENIOR CENTER

### AARP Smart Driver Program

**Thursday, Dec. 22, 1:30-5:30 pm**

AARP sponsors monthly driver safety classes at the Enfield Senior Center on the fourth Thursday of the month. The cost is \$15 for AARP members and \$20 for non-members of AARP. Please register by calling 860-763-7425 and bring a check payable to AARP on that day.

### Alzheimer's Association Office Hours

**Thursday, Dec. 22, 10 am-2 pm**

A representative from the Alzheimer's Association will hold office hours at the Enfield Senior Center every fourth Thursday to discuss any concerns, address information and referral needs, and help in any way possible. Please schedule a 30-minute appointment by calling the Senior Center office. Walk-ins are welcome as time permits.

### Ask the Financial Professional

**Tuesday, Dec. 27, 10 am-Noon**

John Dee, President of Wealth Preservation Group Inc., will be available for 15-minute private appointments to answer personal money questions. Whether you are looking for safe alternatives for your nest egg or trying to protect your money from probate, unnecessary taxes and nursing homes, you'll get your questions answered on the fourth Tuesday of the month. Call the Senior Center office to schedule your free appointment.

### Ask the Lawyer

**Wednesday, Dec. 28, 10 am-Noon**

Attorney Marcia Hess or Attorney Neil Kraner will be available for 15-minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Call the Senior Center office for your free appointment. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

### Ask the Realtor

**Wednesday, Dec. 7, 10 am-Noon**

Shirleen Peabody, Broker Associate of Coldwell Residential Brokerage will be available for private consultations. She is a designated "Senior Real Estate Specialist." She can answer your question on any real estate issue including housing alternatives, selling of the family home or estate, and help you navigate through the maze of financial, legal and emotional issues that accompany the process. Call the Senior Center for an appointment with Shirleen, who is here on the first Wednesday of every month.

### Ask the Social Worker

**Friday, Dec. 2 & 16**

**9 am-Noon at the Senior Center**

Do you have questions that a Social Worker can answer? Would you like to talk about transitions like relocation, adjustment to change and loss, retirement, or healthcare needs? Perhaps you have questions about navigating State and Federal programs or would like to check your eligibility. Schedule a meeting to provide direction or for help with basic needs by calling the Senior Center office at 860-763-7425.

### Community Café

**Weekdays at Noon**

**Reservations:**

**Call 860-763-7428 by noon the day before and leave message.**

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus are available in the Senior Center lobby and on our website. Suggested donation is \$2.50 and you must be age 60 or over.

### Dial-a-Ride

**860-272-3545**

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

### Equipment Tune-Up Clinics – Canes, Wheelchairs and Walkers Inspection

*Sponsored by Home Helpers*

*Home Care and Agawam Medical  
Supply Company*

**Tuesday, Jan. 3, 12-1 pm**

Bring in your assistive equipment for a check. Make sure it is in working order and fits properly. This service will be available on a quarterly basis.

### Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center, and accepts donations and memorials to further our mission. A portion of the funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

### Internet Access

Bring in your laptop and take advantage of our wireless internet access.

### Legal Consultation

**Tuesday, Dec. 20, 10 am-Noon**

If you have a general legal inquiry or a question about wills, estates, real estate or elder law, call the Senior Center office to schedule a free appointment on the third Tuesday of the month, with Bridgid Murray or Russ Tyler of Tyler & Tyler, Attorneys at Law.

### Little Treasures Gift Shop Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and vintage treasures.

### Meals on Wheels

**Office at Enfield Senior Center**

**860-763-0400 – leave message**

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

### Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

### Medicare & Part D Assistance

**Fridays, 9-11 am**

**Tuesdays, 6-8 pm**

*By appointment only*

Trained CHOICES volunteers offer information about Medicare supplemental insurance and Part D.

### Recovery Happens

**Thursday, Dec. 1, 9-11 am**

Susan Wilk, Certified Addictions Counselor, will be available for free 20 minute private appointments on the first Thursday of every month. She will offer information, guidance and referrals to anyone concerned about the use and effects of drugs and alcohol. Whether your concern is about yourself or a loved one, she will assist you on the path of hope for recovery. Call the Senior Center office to schedule your free appointment.

## ENFIELD ADULT DAY CENTER

Do you need help with your loved one? Are you worried about them being home alone during the day?

**CALL THE ENFIELD ADULT  
DAY CENTER TODAY!**

Your loved one will have a safe place to stay during the day.

**Arts & Crafts, Exercise,  
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**Call 860-763-7537**

**Receive 5 days free after  
becoming a member**

## PROGRAMS & SERVICES OFFERED IN THE COMMUNITY

### Allied Transportation Services

860-741-3701, ext. 224

### CT Department of Social Services Assistance

5 N. Main Street, Enfield

860-253-9024 x2272

Help with all state assistance programs.

### Commodity Supplemental Food Program

860-741-7321

Free food once a month for those 60 or over who qualify.

### Enfield Adult Day Center

860-763-7538

### Enfield Grandparents Raising Grandchildren Support Group

860-253-5144

### Enfield Housing Authority

860-745-7493

### Enfield Senior Minor Home Repair Program

860-253-6395

### Foodshare Mobile Unit

860-741-2886

### Food Shelf

860-741-7321

### Loaves and Fishes Soup Kitchen

860-741-0226

### Mark Twain Congregate Weekend Meals

860-763-7519

\$3 donation for home-cooked noon meal on weekends.

### Neighborhood Services

860-253-6396

Help with all entitlement programs.

### Nutmeg Senior Rides

860-758-7833

Alternative transportation for seniors and visually impaired adults.





| PROGRAM | DAY | TIME |
|---------|-----|------|
|---------|-----|------|

ONGOING RECREATION

|                           |   |            |                |
|---------------------------|---|------------|----------------|
| Billiards                 | Three championship tables are available for daily games. Come in anytime to play.       | Every Day  |                |
| Cribbage                  | Learn the game, brush up your skills, and spend an enjoyable afternoon playing.         | Mondays    | 12:45-3 pm     |
| Friday Afternoon Dominoes | Please bring your own set of dominoes and join others for a fun game.                   | Fridays    | 12:45-4 pm     |
| Fun Bingo                 | An informal game with small cash prizes.  | Wednesdays | 10:30-11:30 am |
| Hand & Foot               | No need to register. Just drop in.  | Thursdays  | 12:45-4 pm     |
| Hand, Knee and Foot       | Try this new card game.   | Mondays    | 1:30-4 pm      |
| Mahjong                   | All levels welcome.   | Wednesdays | 12:30-4 pm     |
| Pinochle                  | Others will help if you haven't played in awhile.                                       | Wednesdays | 12:30-4 pm     |
| Poker                     |   | Thursday   | 12:30-4 pm     |
| Scrabble                  |   | Tuesdays   | 1 pm           |
| Wii Bowling               | We will begin at 5 pm by choosing teams and then the play begins. Bring your best game. | Thursdays  | 5-8 pm         |

ONGOING ARTS & CRAFTS - PROGRAMS ARE FREE

|                   |   |                    |            |
|-------------------|---|--------------------|------------|
| Creative Stitches | Welcome all needle crafters. Knitting, crocheting, embroidery and sewing. All skill levels welcome. | Wednesdays         | 9 am-Noon  |
| Heritage Group    | This group works on sewing, knitting, crocheting and craft projects throughout the year.            | Mondays            | 10 am-Noon |
| Sassy Sewers      | Quilters and sewers! Come and share ideas, swap fabric, and show and tell.                          | 2nd & 4th Tuesdays | 1-3 pm     |
| Woodcarving       | Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques.     | Tuesdays           | 9 am-Noon  |

BINGO – THE TUESDAY EVENING GAMES BEGIN AT 6:30!

Play a \$150 Early Bird Bonanza, four \$100 specials, winner-take-all weekly progressive up to \$2,000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available for purchase at intermission. Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services. Assistive Hearing Devices are available in the front office.

TUESDAY NIGHT BINGO SUPPER, 4:30-6 PM

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

Memorial Donations:

Memorial Donations are a meaningful way to remember a loved one while helping others. We gratefully acknowledge those who recently made memorial donations in October 2016.

IN MEMORY OF:  
MICHAEL ARNONE, SR.  
From:  
Mary Slegris

IN MEMORY OF:  
RONALD CLAVETTE  
From:  
Arlene Clavette

IN MEMORY OF:  
JULIANA ROZENBERSZKY  
From:  
Kim Bechert

IN MEMORY OF:  
SHIRLEY CARPENTER  
From:  
Joan Meyers

IN MEMORY OF:  
MARIE C. HECK  
From:  
Douglas J. Heck

IN MEMORY OF:  
MARION SMITH  
From:  
Elsie Strait

THANK YOU FOR REMEMBERING THE SENIOR CENTER!





**Super Coupon**

All Shoppers Must Present This Coupon To Receive Discount

**5% Senior Discount**

When You Spend \$25.00 or More.

Valid Every Tuesday!

Tuesday Only  
Must be 65 Years or Older.

\$

With this coupon, and additional purchase of **\$25.00 or more** (Excluding fuel and items prohibited by law). Limit one per family. Good at any ShopRite.  
**Effective thru Tuesday, December 27th, 2016.**





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**Banquet Facility**  
(for up to 140 people)

**WE OFFER A BEAUTIFUL PRIVATE ROOM**

Stop in to Reserve NOW for ALL your Special Occasions

Weddings, Showers, Birthdays  
• ANY and ALL Events •

**EARLY BIRD SPECIALS**

MON-SAT. 3:30-6PM  
SUN. 12-4PM  
(Excluding Holidays)

**MONDAY & TUESDAY NIGHTS**

**PRIME RIB**

**\$12.99** 16 oz. (Dine in ONLY) 5-9PM



95 Elm St., Enfield 741-2936

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**WATCH HERE FOR GREAT DINING DEALS EVERY MONTH!!**





# Enfield Senior Center

DECEMBER 2016 NEWSLETTER

SPECIAL SAVINGS & DISCOUNTS INSIDE



The Enfield Senior Center

## The Friends of the Enfield Senior Center Annual Appeal Donor List

October 2016 Donations

**THANK YOU FOR YOUR GENEROSITY!**

Lawanda Akers

Dolores Campo

Isobel Skukowski

Ameriprise Financial, Inc.

Sandra Grabierz

UnitedHealth Group

Louis Barbero

William & Karen Kennedy

Ron & Charlene Biathrow

Catherine McMahon